

GRITS...the right way

Prep Time: 10 minutes Until ready to Serve: 40 minutes Serves: 4 HUNGRY people

If you plan to use a Crockpot at the end I suggest plugging it in now on high to melt the butter and preheat the crock.

Ingredients:

1 cup grits (NEVER Instant)

1 teaspoon salt

4 cups water

½ cup butter (1 stick)

¼ cup half n half

Salt and pepper to your taste

Various fixin's as desired: Cheese, bacon, country ham, peppers, shrimp, etc

Directions:

Bring the water and salt to a full boil. Gradually add the grits, stirring constantly. Stir for about 5 minutes for the Quick Cook Grits (NOT INSTANT) or 7 minutes for the stone ground (or for other country cooks... until it seems there is no extra standing water).

Add the half n half and butter (unless the butter is in the crockpot). Stir well.

At this point turn the heat to a simmer or transfer to a preheated Crockpot. Turn the Crockpot down to low. Let simmer for at least 30 minutes before serving.

Crock Pot Notes:

The neat thing about doing it in the crock pot is if you eat some for breakfast and leave the rest until lunch it makes a tadik crust. We say this is Persian meets Southern Cuisine...perfect for us.

This will work well in the 3 Qt (Medium size) Crockpot and you can increase the recipe by 50% (1/1/2 cups grits) and this size will still work. If you want to use the smaller Crockpot that is built for two, cut the recipe in half.